

Tab. 6: Results of dietary survey from children (per day and child)

area	type	staple food	cal	protein(g)		vitamin A (IU)	Ref.
				total	animal		
Baganda	village 2 years farmers educated people	plantain potato	762	22.7	9.6		(203)
			1128	35.0	16.0		(203)
Gogo	village 9 months 18 months 4 years 8 years	maize/millet	396	9.8	-	482	(179)
			656	20.5	6.8	3290	(179)
			1261	37.7	10.0	5277	(179)
			1784	52.6	14.2	7156	(179)
Requirement:			1 - 3 years	1170	36.0	1800	
			4 - 6 years	1530	45.0	2200	
			7 - 9 years	1900	54.0	3100	

Tab. 7: Results of dietary survey amongst labourers (per day and person)

type	cal	protein (g)	Ca (mg)	Fe (mg)	v i t a m i n				C(mg)	Ref.
					A(IU)	B ₁ (mg)	B ₂ (mg)	Niacin (mg)		
Kenya/Uganda railway workers	2808	92	602	36	6200	2.24		16	20	(86)
Nairobi railway workers	2797	91	667	33	2383	2.22	1.64	16	122	(134)
Requirement	2900	63	700	9	4500	1.40	1.60	19	68	